

What is claimed is:

1. A composition comprising about 5 percent to about 20 percent by weight of Gynostemma pentaphyllum extract, about 20 percent to about 40 percent by weight of Camellia sinensis (green tea) extract, about 20 percent to about 40 percent by weight of Crataegus pinnatifidia (hawthorn) extract, and about 20 percent to about 40 percent by weight of Momordica charantia (bitter melon) extract.
2. The composition according to claim 1, further comprising about 0 percent to about 15 percent by weight of mulberry (Morus species) extract.
3. The composition according to claim 1, wherein the composition comprises about 5 percent by weight of Gynostemma pentaphyllum extract, about 30 percent by weight of green tea extract, about 30 percent by weight of hawthorn extract, and about 30 percent by weight of bitter melon extract.
4. The composition according to claim 3, further comprising about 0 percent to about 10 percent by weight of mulberry extract.
5. A composition comprising about 5 percent to about 20 percent by weight of Gynostemma pentaphyllum saponins, about 20 percent to about 40 percent by weight of green tea polyphenols, about 20 percent to about 40 percent by weight of hawthorn polyphenols, and about 20 percent to about 40 percent by weight of bitter melon extract.
6. The composition according to claim 5, further comprising about 0 percent to about 10 percent by weight of N-containing sugars of mulberry.
7. The composition according to claim 5, wherein the composition comprises about 5 percent by weight of Gynostemma pentaphyllum saponins, about 30 percent by weight of green tea polyphenols, about 30 percent by weight of hawthorn polyphenols, and about 30 percent by weight of bitter melon extract.
8. The composition according to claim 7, further comprising about 0 percent to about 10 percent by weight of N-containing sugars of mulberry.
9. A composition comprising active ingredients, wherein the active ingredients are comprised of about 5 percent to about 20 percent by weight of Gynostemma pentaphyllum extract, about 20 percent to about 40 percent by weight of Camellia

sinensis (green tea) extract, about 20 percent to about 40 percent by weight of Crataegus pinnatifidia (hawthorn) extract, and about 20 percent to about 40 percent by weight of Momordica charantia (bitter melon) extract.

5 10. The composition according to claim 9, wherein the active ingredients are further comprised of about 0 percent to about 15 percent by weight of mulberry (Morus species) extract.

10 11. The composition according to claim 9, wherein the active ingredients are comprised of about 5 percent by weight of Gynostemma pentaphyllum extract, about 30 percent by weight of green tea extract, about 30 percent by weight of hawthorn extract, and about 30 percent by weight of bitter melon extract.

15 12. The composition according to claim 11, wherein the active ingredients are further comprised of about 0 percent to about 10 percent by weight of mulberry extract.

13. The composition of any one of claims 9-12, wherein the active ingredients are contained in a form selected from the group consisting of a tea, a liquid extract, a beverage, a gum, a lozenge, a powder, a tablet, or a lotion.

20 14. A composition comprising active ingredients, wherein the active ingredients are comprised of about 5 percent to about 20 percent by weight of Gynostemma pentaphyllum saponins, about 20 percent to about 40 percent by weight of green tea polyphenols, about 20 percent to about 40 percent by weight of hawthorn polyphenols, and about 20 percent to about 40 percent by weight of bitter melon extract.

25 15. The composition according to claim 14, wherein the active ingredients are further comprised of about 0 percent to about 10 percent by weight of N-containing sugars of mulberry.

30 16. The composition according to claim 14, wherein the active ingredients are comprised of about 5 percent by weight of Gynostemma pentaphyllum saponins, about 30 percent by weight of green tea polyphenols, about 30 percent by weight of hawthorn polyphenols, and about 30 percent by weight of bitter melon extract.

35 17. The composition according to claim 16, wherein the active ingredients are further comprised of about 0 to about 10 percent by weight of N-containing sugars of mulberry.

18. The composition of any one of claims 14-17, wherein the active ingredients are contained in a form selected from the group consisting of a tea, a liquid extract, a beverage, a gum, a lozenge, a powder, a tablet, or a lotion.

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19. A process for making a composition comprising the steps of:

- (a) separately macerating herbal components wherein a first component comprises hawthorn berries or leaves or a combination thereof, a second component comprises mulberry leaves or berries or a combination thereof, a third component comprises bitter melon leaves or seeds or fruit or a combination thereof, a fourth component comprises green tea leaves, and a fifth component comprises Gynostemma pentaphyllum leaves;
- (b) separately extracting each macerated component from step (a) in warm water for at least 1 hour;
- (c) collecting an extraction eluate from step (b) from each macerated component;
- (d) re-extracting separately each macerated component from step (c) in warm water;
- (e) collecting a re-extraction eluate from step (d) from each macerated component, and pooling together the re-extraction eluate with the extraction eluate from each macerated component;
- (f) separately extracting macerated components comprised of macerated hawthorn, macerated green tea, macerated Gynostemma pentaphyllum, macerated bitter melon, and macerated mulberry, in an aqueous alcohol for at least 1 hour;
- (g) collecting the aqueous alcohol solution extraction eluate from step (f) from each macerated component;
- (h) re-extracting each macerated component from step (g) in an aqueous alcohol;
- (i) collecting the aqueous alcohol solution re-extraction eluates from step (h) and pooling them with the aqueous alcohol solution extraction eluate from step (g) from the respective macerated component;
- (j) drying the pooled extracts from steps (e) and (i) and recovering resultant organic residue in forming a green tea extract powder, a Gynostemma pentaphyllum extract powder, a hawthorn extract powder, a mulberry extract powder, and a bitter melon extract powder; and
- (k) combining the green tea extract powder, the Gynostemma pentaphyllum extract powder, the hawthorn extract powder, the mulberry extract powder, and the bitter melon extract powder in the desired proportions to form a herbal extract-based composition.

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